

# Caring For Care Givers



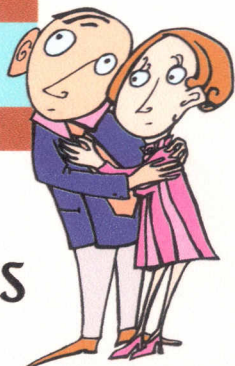
Are you caring for a loved one?  
Are you feeling exhausted?  
Don't carry the weight of the world  
on your shoulders.

The Senior Advisory Committee  
is hosting a workshop for care givers.  
Topics of discussion will include  
stress management, understanding  
illness, and coping with grief.



Our Guest Speaker Will Be  
Charlotte Bear, MFA, Community  
Liaison With Vitas Hospice.

Tuesday,  
September 28, 2010  
at 7:00 P.M.  
in Multi-Purpose Room B



Senior Advisory Committee Workshop Series